


June Menu - Urbana Senior Center

301-600-7020

UrbanaSeniorCenter@FrederickCountyMD.gov

www.FrederickCountyMD.gov/aging

The meal is served at Noon. Reservations must be made at least 48 hours in advance.
\$4.68 per person per meal. Milk, juice and bread are offered each meal. **Menus are subject to change.**

<i>Monday</i>	<i>Tuesday</i>	<i>Wednesday</i>	<i>Thursday</i>
May 29 Center is Closed 	May 30 Baked Ham Sweet Potatoes Green Beans Diced Peaches Cinnamon Snap (Tuesday dinner: hot dogs)	May 31 Multi Bean Soup Chicken Salad Sub Lettuce & Tomato Green Style Salad w/Feta Diced Pears	4 Spaghetti and Meatballs Mixed Vegetables Tropical Fruit
5 Curried Chicken Leg Caribbean Rice Tomato & Cucumber Salad Pineapple tidbits Butterscotch Pudding	6 Navy Bean Soup Turkey & Cheddar Pickled Beets Mandarin Oranges (Tuesday dinner: fish and chips)	7 Pot Roast of Beef w/Gravy Buttered Noodles Greek Style Salad w/Feta Diced Pears	8 Center is closed staff training
12 Pork Carnitas Fresh Romaine Tomato Salsa Seasoned Black Beans Rice Pilaf Apricots	13 Burger w/Swiss Cheese Maple Glazed Carrots Fresh Broccoli Slaw Cinnamon Apples Cinnamon Snap (Tuesday dinner: pizza)	14 Beef Stroganoff Whole Grain Parslied Noodles Green Beans Sliced Apples	15 Chicken Breast Squash Casserole Garlicky Lentil Salad Pineapple Tidbits
19 Chicken Veggie Stir Fry Lo Mein Noodles Pineapple Tidbits	20 Hamburger Cheddar Cheese Fresh Pepper Slaw Applesauce (Tuesday dinner: fried chicken)	21 Nacho Taco Platter w/Fresh Romaine, Tomato Salsa, Cheddar Cheese, Sour Cream Mexican Rice Cinnamon Apples	22 Lentil Soup Turkey & Swiss Sandwich Lettuce & Tomato Copper Pennies Diced Pears
26 No Congregate Meal AARP Driving Class Box lunch for the class participants	27 Roast Turkey w/Gravy Mashed Potatoes Seasoned Spinach Pickled Beets Tropical Fruit (Tuesday dinner: pancakes)	28 Pork Dijon Cut Sweet Potatoes Braised Red Cabbage Diced Pears	29 Split Pea Soup Tuna Salad Lettuce & Tomato Fresh Broccoli Slaw Peach Crisp

Urbana Senior Center

Congregate Meals Information

Dates and Times

Monday-Thursday (excluding holidays)
Meals served at Noon

Reservations/ Cancellations

Reservations must be made at least 48 hours in advance.
Cancellations may be made up to 24 hours in advance.
Register in person at the Center or call 301-600-7020.

Cost

The current cost is \$4.68 per participant per meal.
The Department of Aging must pay for every meal that has been reserved. All meal participants under the age of 60 must pay the full price. Seniors who are 60 years old or older are encouraged to donate as much as they are able up to the full cost of the meal.
A donation is expected to cover the full cost of any meal that is reserved and is not cancelled in advance.

Payment

Checks should be made payable to "Frederick County Department of Aging".
Cash is also accepted but it must be for the exact amount; staff members are not permitted to make change.

Menus

Menus are published monthly. They are available the last week of the previous month. They are also published online at www.FrederickCountyMD.gov/doa . The menus are subject to change.

Transportation: Monday-Thursday

Seniors needing transportation to the Urbana Senior Center for the meal program must call the Senior Center at least 48 hours in advance 301-600-7020. Seniors will be picked up at their homes between 9:45 and 11:00 am. They will be returned to their homes between 1:30 pm and 2:30 pm. Seniors will be given a more accurate pick-up time once routes and number of passengers is established. The cost for transportation is \$2 per round trip. Transportation is limited to the immediate area.

Inclement Weather

If Frederick County Schools are closed due to inclement weather, the congregate meal, the transportation program, and the Home Delivered Meals for that day will be canceled.